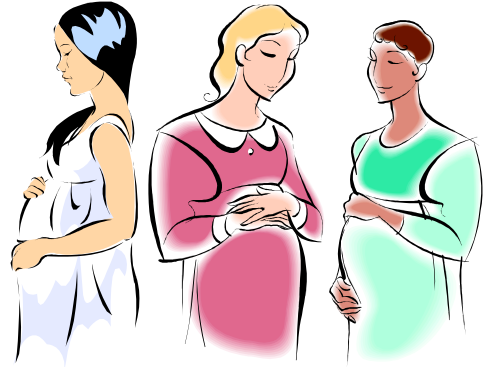


Pregnancy and Oral Health

Can pregnancy affect my oral health?

Yes, it can. You might notice some changes in your oral health while pregnant. These changes are due to an increase in hormones and can cause red, swollen, tender gums that bleed called gingivitis. Gingivitis can worsen into an infection of the gums and destroy the bone around the teeth causing them to become loose which is called periodontal disease.



Can oral health problems affect my baby?

Studies have shown that pregnant women who have severe periodontal disease may be 7 times more likely to have a baby that is born too early and too small!

What can I do to prevent dental problems?

It's an old wives tale that a mother's teeth lose calcium and "one tooth is lost with every pregnancy." Dental problems can be prevented while you are pregnant by following these recommendations:

- Brush twice a day for 2 minutes brushing both gums and teeth in a circular motion
- Use a soft toothbrush & fluoride toothpaste
- Floss once per day with a gentle wiping motion
- Schedule a check-up and cleaning with your dentist in your first trimester
- Eat 3 balanced meals every day and choose healthy snacks that are low in sugar

Produced by:

Oral Health Education Program
Family and Community Health Bureau
1400 East Broadway Room A116
(406) 444-0276

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